

WHAT IS CLAIMED IS:

1. A method for managing a diet for an individual, said method comprising:
providing a plurality of exchange tokens, each token representing a dietary
exchange according to the diet;
- 5 providing a first location for placing a total daily allotment of exchange tokens
according to the diet; and
providing a second location to which the exchange tokens are transferred during a
day as food is consumed to keep track of food exchanges consumed during the day.
2. A method for managing a diet in accordance with Claim 1, said method
10 further comprising:
providing a listing of the daily allotment of food exchanges according to the diet;
instructing the individual to select a group of exchange tokens from the plurality
of exchange tokens, wherein the group of exchange tokens corresponds to the daily
allotment of food exchanges;
- 15 instructing the individual to place the group of exchange tokens representing the
daily allotment in the first location; and
instructing the individual to transfer exchange tokens representing each food
consumed from the first location to the second location as the food is consumed during
the day.
- 20 3. A method for managing a diet in accordance with Claim 2 wherein
instructing the user to transfer individual exchange tokens from the first location to the
second location as food is consumed during a day comprises providing the user with a list
of foods and their corresponding exchanges according to the diet.

4. A method for managing a diet in accordance with Claim 1 wherein providing a plurality of exchange tokens comprises providing a plurality of different groups of exchange tokens, each of the groups representing a different food exchange according to the diet.

5. A method for managing a diet in accordance with Claim 1 wherein providing a plurality of exchange tokens comprises providing a plurality of Exchange Cards.

6. A method for managing a diet in accordance with Claim 5 wherein providing a plurality of Exchange Cards comprises providing a plurality of different groups of Exchange Cards, each of the groups representing a different food exchange according to the diet.

7. A method for managing a diet in accordance with Claim 6 wherein providing a plurality of different groups of Exchange Cards comprises providing a group of FRUIT Exchange Cards, a group of MILK Exchange Cards, a group of STARCH Exchange Cards, a group of VEGETABLE Exchange Cards, a group of FAT Exchange Cards, and a group of MEAT & SUBSTITUTES Exchange Cards.

8. A method for managing a diet in accordance with Claim 7 wherein providing a first location for placing a total daily allotment of exchange tokens according to the diet and providing a second location to which the exchange tokens are transferred during a day as food is consumed to keep track of food exchanges consumed during the day, comprises providing for the first location a first pocket configured to receive the Exchange Cards and for the second location a second pocket configured to receive the Exchange Cards. .

9. A method for managing a diet in accordance with Claim 8 wherein providing the first pocket and the second pocket comprises providing the pockets coupled to a binder to form a booklet.

10. A method for managing a diet in accordance with Claim 9 comprising
5 providing the booklet in a size adapted to fit into a jacket pocket.

11. A method for managing a diet in accordance with Claim 9 comprising providing the booklet in a size adapted to fit into a shirt pocket.

12. Apparatus for managing a diet, said apparatus comprising:
a first plurality of exchange tokens, each said token configured to represent a
10 dietary exchange according to the diet,

a first location configured to receive a second plurality of exchange tokens representing a total daily allotment of dietary exchanges according to the diet; and

a second location configured to receive the second plurality of exchange tokens.

13. Apparatus in accordance with Claim 12 wherein said first plurality of
15 exchange tokens comprises a plurality of different groups of exchange tokens, each of said different groups representing a different food group according to the diet.

14. Apparatus in accordance with Claim 12 wherein said first plurality of exchange tokens comprises a plurality of Exchange Cards.

15. Apparatus in accordance with Claim 14 wherein said first plurality of
20 Exchange Cards comprises a plurality of different groups of Exchange Cards, each of said different groups of Exchange Card groups representing a different food group according to the diet.

16. Apparatus in accordance with Claim 15 wherein said Exchange Cards are color-coded according to the food group.

17. Apparatus in accordance with Claim 16 wherein said first location is a first pocket configured to receive a plurality of Exchange Cards representing the total daily allotment of dietary exchanges according to the diet, and said second location is a second pocket configured to receive the plurality of Exchange Cards.

18. Apparatus in accordance with Claim 17 wherein said first pocket and said second pocket coupled to a binder to form a booklet.

19. Apparatus in accordance with Claim 18 wherein said booklet further comprises a plurality of pages coupled to the binder.

20. A method of using the apparatus of Claim 16 comprising:

identifying a number and type of Exchange Cards representing a daily allotment of dietary exchanges according to a diet;

selecting the identified Exchange Cards;

placing the Exchange Cards in the first pocket;

upon consuming food, removing a number and type of Exchange Cards corresponding the food from the first pocket; and

transferring the Exchange Cards removed from the first pocket to the second pocket.